![new balance logo] new balance.

B EX²

904

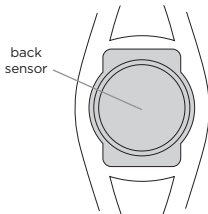User Manual
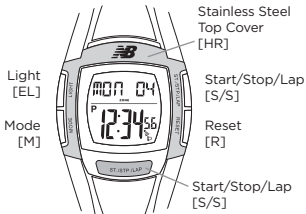
1 Design of the Watch

Thank you for purchasing this watch. Please read this manual thoroughly before using the watch!

Back View of the Watch   Front View of the Watch

WARNING !
- DO NOT use this Watch for commercial or professional purposes.
- Make sure that you fully understand the functions and limitations of this watch before using it.
- This Watch is a supplementary device for measuring heart rate; it is NOT a substitute for medical devices. You should periodically compare the heart rate reading acquired by this watch with the reading from a doctor.
- Consult a doctor or trainer before setting your Upper and Lower heart rate limits.

Mode Button [M]
- Press to select one of the functional modes
- In function modes: Hold to select setting display
- In any setting display: Press to choose between different settings.
- Press and hold the button to exit setting sequence.

Start/Stop/Lap Button [S/S]
- In Current Time Mode: Press to show Alarm Time and Hold to enter the setting of Daily Alarm Mode
- In Heart Rate Chronograph Mode: Press to start the counting or take Laps, Hold to stop counting.
- In Timer Mode: Press to start or stop counting.
- In setting displays: Press to change the settings.

Reset Button [R]
- In Heart Rate Chronograph Mode: Press to select sub-functional modes. When the counting is stopped, Hold to reset display to zero
- In Timer Mode (Stop Counting): Hold to reset the timer to target time
- In setting displays: press to change the settings.

Light Button [EL]
- In any mode/display, press to turn ON the EL back light for about 3 seconds.

Note: The button operations are summarized above, for detailed operating instructions, please continue reading.

Current Time Mode
- Time System: am, pm, hour, minute, second
- Time Format: 12-hour or 24-hour format
- Calendar: date and day of week display (Auto-Calendar function for day of week and leap year)

Daily Alarm
- Daily alarm and hourly chime
- Alarm Sound: 1 minute

Timer Mode
- Resolution: 1 second
- Measuring range: 9 hours 59 minutes 59 seconds
- Timer sounds: Last 10 seconds will beep every second and beep for 15 seconds when count to zero.

Memory Mode
- Lap recall / Total lap time recall
- Lap average heart rate recall
- Total average heart rate recall

Back Light
- Back Light Type: Electro-Luminescent (EL) back light

Heart Rate Chronograph Mode
Heart Rate Measurement
- Range for chest strap: 40 to 240 bpm
- Range for finger touch: 40 to 200 bpm
- Heart Rate Zone Alert
- 4 Heart Rate Zone selectable
- 3 Activity Level selectable

Chronograph
- Resolution: 1/100 second
- Measuring range: 9 hours 59 minutes 59.99 seconds
- Maximum: 25 Laps

Heart Rate Zone Timer
- Resolution: 1 second
- Measuring range: 9 hours 59 minutes 59 seconds

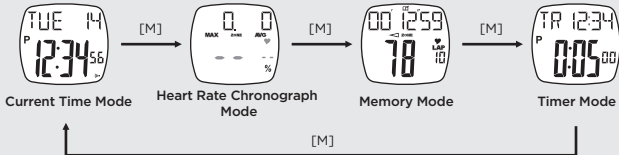#### Calorie Consumption
- Range: 0 to 9999 kilo-calorie

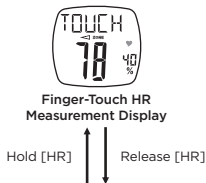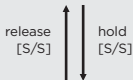#### Fat Burnt
- Range: 0 to 9999 gram

Others
- 5 ATM water resistance

Finger-Touch HR
Measurement Display

Hold [HR]   Release [HR]

[M]   [M]   [M]

Current Time Mode   Heart Rate Chronograph Mode   Memory Mode   Timer Mode

[M]

Day of week → TUE 14 ← Date

P

12:34 56 ← current time

Current Time Display

release [S/S] ⇅ hold [S/S]

AL OFF

7:00

Daily Alarm Display

Current Time Mode
- Current Time Mode includes two functional displays:
1) Current Time Display
2) Daily Alarm Display

Current Time Display
- The day of week and date exhibits on the 1st row of display.
- The current time (hour, minute, second) exhibits on the 2nd row of display.

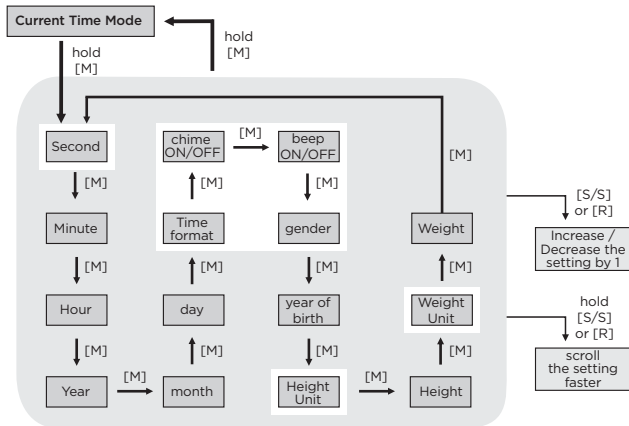### Daily Alarm Display
- The preset daily alarm time (hours, minutes) exhibits on the display.

To Select between the Current Time Display and Daily Alarm Display
- Press and hold the [S/S] button to show the Daily Alarm Display.
- When you release the [S/S] button within 2 seconds, it will go back to the Current Time Display.
- If you hold more than 2 seconds, it will go to alarm setting display.

5.1 Current Time Mode - Setting Sequence

```
Current Time Mode  ◄───────┐
                            │ hold
   │ hold                   │ [M]
   │ [M]                    │
   ▼                        │

┌──────────────────────────────────────────────────────────────┐
│                                                                │
│  ┌────────┐     ┌──────────┐  [M]  ┌──────────┐    ┌────────┐  │
│  │ Second │     │  chime   │ ────► │   beep   │    │ Weight │  │
│  └────────┘     │  ON/OFF  │       │  ON/OFF  │    └────────┘  │
│       │         └──────────┘       └──────────┘         ▲      │
│       │ [M]          ▲ [M]              │ [M]            │ [M]  │
│       ▼              │                  ▼                │      │
│  ┌────────┐     ┌──────────┐       ┌──────────┐    ┌────────┐  │
│  │ Minute │     │   Time   │       │  gender  │    │ Weight │  │
│  └────────┘     │  format  │       └──────────┘    │  Unit  │  │
│       │         └──────────┘            │          └────────┘  │
│       │ [M]          ▲ [M]              │ [M]            ▲      │
│       ▼              │                  ▼                │ [M]  │
│  ┌────────┐     ┌──────────┐       ┌──────────┐    ┌────────┐  │
│  │  Hour  │     │   day    │       │ year of  │    │ Height │  │
│  └────────┘     └──────────┘       │  birth   │    └────────┘  │
│       │              ▲ [M]         └──────────┘         ▲      │
│       │ [M]          │                  │ [M]           │ [M]  │
│       ▼              │                  ▼                │      │
│  ┌────────┐  [M] ┌──────────┐     ┌──────────┐ [M] ┌────────┐  │
│  │  Year  │ ───► │  month   │     │  Height  │ ──► │ Height │  │
│  └────────┘      └──────────┘     │   Unit   │     └────────┘  │
│                                   └──────────┘                 │
└──────────────────────────────────────────────────────────────┘

        [S/S]
        or [R]  ──►  Increase / Decrease the setting by 1

        hold
        [S/S]   ──►  scroll the setting faster
        or [R]
```

5.1 Current Time Mode - Setting Sequence

To Set the Current Time Mode
- To set the current time, date, and other settings, press and hold the [M] button for about 2 seconds to select the setting display (the second digits will start flashing).

The Setting Sequence
- When the second digits start flashing, press the [M] button to move the flashing following the setting sequence of the diagram in previous page or press the [S/S] or [R] button to reset the second digits to zero.
- If one of the settings (minute, hour, year, month, day, *'BIRTH'*-birth year, *'HGT'*-height, *'WGT'*-weight) is flashing, press the [S/S] or [R] button to scroll through the setting (hold the button down to scroll the setting at a faster pace).
- When the *'12Hr'* or *'24Hr'* icon is flashing, press the [S/S] or [R] button to switch between *'12Hr'* (12 hour format) and *'24Hr'* (24 hour format).
- When the hourly chime *(CHIME)* or beep tone *(BEEP)* *'on'* or *'oFF'* icon is flashing, press the [S/S] or [R] button to turn ON *('on')* or OFF *('oFF')*. And when the hourly chime is ON, indicator '♩' will be appeared and the watch will beep once on every hour.
- When the Gender *'F'* or *'M'* icon is flashing, press the [S/S] or [R] button to switch between *'F'* (Female) and *'M'* (Male).
- When the Height Unit *'In'* or *'CM'* icon is flashing, press the [S/S] or [R] button to switch between *'In'* (Inch) and *'CM'* (Centimeter).
- When the Weight Unit *'kG'* or *'LB'* icon is flashing, press the [S/S] or [R] button to switch between *'kG'* (Kilogram) and *'LB'* (Pound).
- When the setting is completed, press and hold the [M] button for about 2 seconds to exit the setting sequence. The setting display will return to Current Time Mode automatically if there is NO key-stroke for about 1 minute.

Normal Time Mode

release [S/S] | Hold [S/S]

Daily Alarm Display

daily alarm time (hours, minutes)
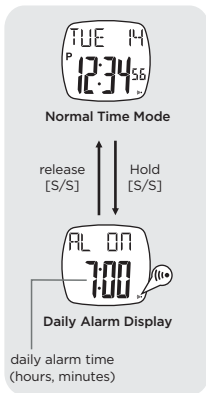
Daily Alarm Display

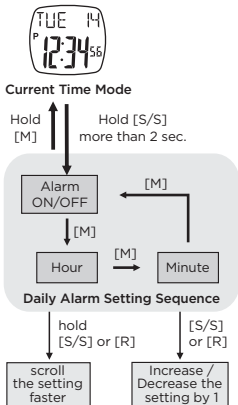- In the Daily Alarm Display, Alarm Time (hours, minutes) appears on the 2 row of the display.

Daily Alarm ON and OFF

- When the Daily Alarm Indicator ' (((• ' appears (which means the daily alarm is ON), the watch starts beeping at the alarm time.

Daily Alarm Sound

- The alarm beeps for 1 minute when the daily alarm function is turned ON.
- You can stop the beeping by pressing any button.

5.3 Current Time Mode - Setting the Daily Alarm

Current Time Mode

Hold [M]   Hold [S/S] more than 2 sec.

Alarm ON/OFF   [M]

[M]

Hour   [M]   Minute

Daily Alarm Setting Sequence

hold [S/S] or [R]   [S/S] or [R]

scroll the setting faster   Increase / Decrease the setting by 1

To Set the Daily Alarm Function

- In the Current Time Mode: Press and hold the [S/S] button for more than 2 seconds to enter the alarm setting display (the 'on' or 'oFF' will start flashing).

The Setting Sequence

- Press the [M] button to select between Alarm ON/OFF, hour and minute setting.
- When the 'on' or 'oFF' flashes on the display, press the [S/S] or [R] button to turn ON or OFF the alarm.
- When the 'hour' or 'minute' digit flashes on the display, press the [S/S] or [R] button to scroll through the setting (hold down the button to scroll the setting at a faster pace).
- Press and hold the [M] button for about 2 seconds to exit the setting sequence.
- The setting display will change to Current Time Mode automatically if there is NO key-stroke for about 1 minute.

back sensor

Stainless Steel
Top Cover
[HR]

MON 04

P 12:34:56
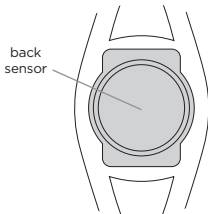
Watch
Back View

Watch
Front View

Soft Belt

Elastic band
contact

Battery Door

contact

release slot

Chest Strap
Front View
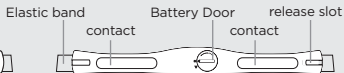
Chest Strap
Back View

6.1 Heart Rate Measuring - Precautions and Tips /

- In exercise or sports, your heart naturally speeds up in pumping blood to the body in accordance with your increased energy level. This watch can calculate that increase expressed as the number of beats per minute (bpm) to determine a safe target heart rate for each individual.

PRECAUTIONS/TIPS

1. A heart rate sensor is located on the back of the watch. The back sensor must make firm contact with the user's skin during Finger-Touch measurement.
2. There are 2 contacts located on the back of the chest strap. The sensors must make firm contact with user's skin during Chest-Strap measurement.
3. DO NOT take heart rate measurement when diving or under water.
4. Clean the back cover of the watch and the back of the chest strap occasionally by applying a few drops of water and wipe it dry with a paper towel. It can help removing any residual grease.
5. DO NOT use hand cream; it will insulate the signal between the skin and the sensors.
6. Clean fingers with soap and water for better signal transmission.
7. Clean skin around chest area with soap and water for better signal transmission.
8. DO NOT use the fingertips where the skin is dry and thick.
9. For those with extremely dry skin, moisten the skin with tap water or apply a conductive gel may help.
10. Hold the watch firmly when taking Finger-Touch measurement in motion.
11. Adjust the Chest Strap with the supplied elastic band until it is hold on your chest firmly to avoid loosen it when doing exercise.
12. During the measurement, avoid any awkward motion. Awkward motion creates undesired muscle noise; hence an incorrect heart rate reading may result.
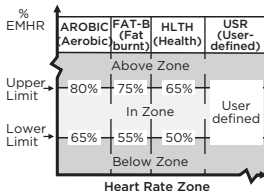
Heart Rate Zone

What is Heart Rate Zone?

Some particular training/exercise objectives like 'aerobics', 'fat burnt' or 'health' that require trainees/exercisers maintaining their heart rates (exercise paces) within one particular heart rate zone during the exercise.

WARNING: Consult a doctor or trainer prior to set the heart rate alert zone for a serious cardio-fitness training.
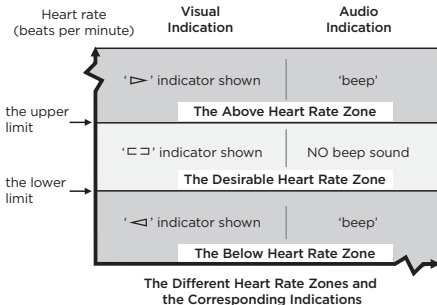
How to Select a Zone (for Heart Rate Zone Alert)?

In general, users may get the cardio-fitness training advices from those prestigious organizations' website, for example:

- http://www.heart.org/HEARTORG/Conditions/CongenitalHeartDefects/
  CareTreatmentforCongenitalHeartDefects/Congenital-Heart-
  Defects-and-PhysicalActivity_UCM_307738_Article.jsp
  by American Heart Association.
- http://en.wikipedia.org/wiki/Heart_rate#Training_zones
  by Wikipedia.
- This Watch includes three pre-defined heart rate zones ("AROBIC", "FAT-B" and "HEALTH") and one user-defined heart rate zone ("USR") for user selection.
- The upper and lower limit of these Zones is shown on the adjacent diagram. Check chapter 6.6 for the details on how to select a Zone.

Heart rate (beats per minute)	Visual Indication	Audio Indication

the upper limit →

the lower limit →

'▷' indicator shown | 'beep'
The Above Heart Rate Zone

'⊏⊐' indicator shown | NO beep sound
The Desirable Heart Rate Zone

'◁' indicator shown | 'beep'
The Below Heart Rate Zone

The Different Heart Rate Zones and the Corresponding Indications

Note:
- When taking a heart rate measurement, various visual indicators will be displayed according to the different zones. A single beep will sound to alert whether heart rate is out of the present zone.
- Please refer chapter 6.6 for details on turn ON/OFF Zone Alert.

6.2.2 Heart Rate Measuring - About EMHR and %EMHR

heart rate in bpm

percentage of estimated maximum heart rate

Heart Rate Chronograph Mode
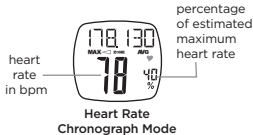
Estimated Maximum Heart Rate (EMHR):

- EMHR = 220 - user age.
- Example: What is Tom's EMHR at his age of 27?
- EMHR = 220 - 27 = 193.

NOTE: This Watch can calculate the EMHR for user the age up to 99.

Percentage of Estimated Maximum Heart Rate (%EMHR):

- %EMHR = Acquired heart rate ÷ EMHR X 100%
- Example: What is Tom's %EMHR if he has acquired a heart rate of 78.
- %EMHR = 78 ÷ 193 X 100% = 40%

- During exercise or sports, your heart naturally speeds up pumping blood to the body in accordance with your increased energy level.
- The Heart Rate Chronograph Mode and Instant Heart Rate Mode shows the current heart rate in terms of:
  - Heart Rate (e.g 78) : The number of heart beats per minute (bpm), and
  - Percentage of Estimated Maximum Heart (e.g 40%): The percentage of the acquired heart rate with respect to one's estimated maximum heart rate.

Percentage of Estimated Maximum Heart Rate

- It is a useful figure for analysing the cardio-fitness of a person.
- It can be used to define a heart rate zone for cardio-fitness training.
- Consult your doctor for more information on the implications of Percentage of Estimated Maximum Heart Rate.

NOTE: The user MUST input his/her age and gender into the watch. Check chapter 5.1 for the details on age and gender settings.
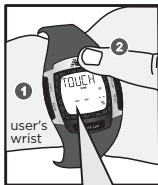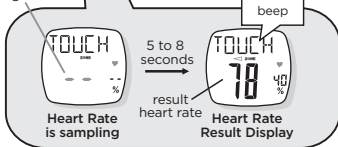
Measuring Heart Rate by Finger-Touch

Following the steps below, you can measure your heart rate by touching the sensor on the watch.

(1) Make sure the sensor on the back of the watch sits firmly on your skin.

(2) Place your index finger on the stainless steel top cover [HR].

(3) Keep holding for about 5 seconds. When the heart rate is detected, the heart rate will be displayed on the screen.

user's wrist

flashing segments

beep

TOUCH
ZONE

5 to 8 seconds

TOUCH
ZONE
78   40
%

result heart rate

Heart Rate is sampling

Heart Rate Result Display

NOTE:

- You can exit this mode by pressing any button. (Except [EL] button)
- For more detail of viewing different exercise information, please refer chapter 6.5. / For more details on Zone Setting, please refer chapter 6.6.

6.4 Heart Rate Measuring - Wearing the chest strap
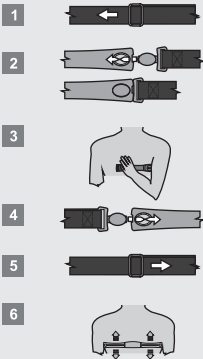
How to Wear the Chest Strap

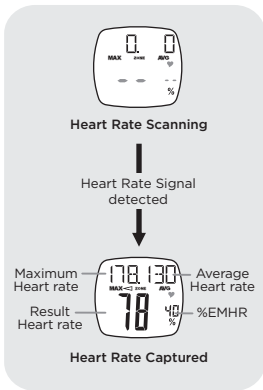- Refer to the below steps to wear the chest strap on one's chest:
  1) Extend the elastic band for allowing a loose fitting the chest strap on your chest.
  2) Connect one connector with the chest strap. Ensure that the connector is completely lodged into the chest strap.
  3) Fit the chest strap on your chest with one hand.
  4) Connect the opposite connector to the chest strap with the another hand.
  5) Fasten the elastic band until it is fitted on your chest comfortably.
  6) Adjust the chest strap until the two contacts are firmly contacted with your skin.

IMPORTANT: DO NOT wearing the chest strap over your cloth, otherwise the chest strap CANNOT get the heart rate signal.

NOTE: In dry seasons, wetting the contacts with some water can make the signal transmission better.

6.4.1　Heart Rate Measuring - Chronograph Display

Heart Rate Scanning

↓

Heart Rate Signal detected

↓

Maximum Heart rate — | — Average Heart rate

Result Heart rate — | — %EMHR

Heart Rate Captured

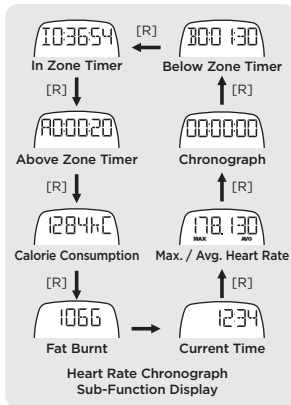### Measuring Heart Rate by Chest Strap

- Beside Finger-Touch, users can also measure their heart rate by using chest strap.
- To measure heart rate by chest strap, first, wear the chest strap following the instruction of chapter 6.4.
- Go to **"Heart Rate Chronograph Mode"** and the watch will start measuring automatically.
- When heart rate signal detected, the heart rate measured will be exhibited on the screen. Percentage of Estimated Maximum Heart Rate (%EMHR) will also be exhibited on the left.
- The Maximum heart rate and the Average heart rate during measurement will also be shown on the 1st row.

NOTE:

- The Maximum and Average Heart Rate calculation will include the result from finger-touch measurement.
- Hold the [R] button in Heart Rate Chronograph Mode will reset all the calculations and records stored in the watch, including Chronograph, Zone Timer, Fat and Calorie consumption.

6.5 Heart Rate Measuring - Heart Rate Chronograph Mode

In Zone Timer → [R] → **Below Zone Timer**

[R] ↓ ↑ [R]

Above Zone Timer → **Chronograph**

[R] ↓ ↑ [R]

Calorie Consumption → **Max. / Avg. Heart Rate**

[R] ↓ ↑ [R]

Fat Burnt → **Current Time**

Heart Rate Chronograph
Sub-Function Display

Heart Rate Chronograph Mode and the Sub-Function Displays

- In the Heart Rate Chronograph Mode, there are 8 different displays for showing the exercise information. They are:
  - Maximum / Average Heart Rate Display,
  - Chronograph Display,
  - Below Zone Timer Display,
  - In Zone Timer Display,
  - Above Zone Timer Display,
  - Calorie Consumption Display,
  - Fat Burnt Display and,
  - Current Time Display.
- Press [R] to scroll different Sub-Function Displays from the top row of the display.

6.5.1 Heart Rate Measuring - Chronograph Display

Note:
This diagram illustrates the flow among different functional displays only, hence, these displays DO NOT conform to fact in all instances.

Lap Number (flashing)

Chronograph Lap Display

[S/S] | Auto Return after 5 sec.

Chronograph 'Zero' Display

[S/S]

Running

Chronograph Counting Display

the chronograph stop counting | Hold [S/S]

Hold [R]

Chronograph Stop Counting Display
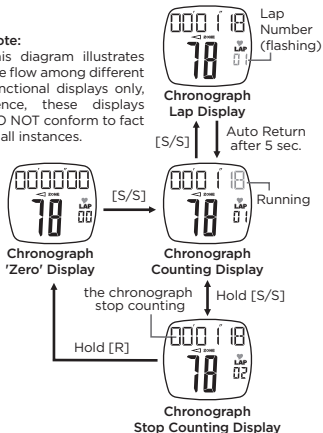
To Use the Chronograph
- In 'Zero' Display, press the [S/S] button once to start the counting. When it is counting, hold the [S/S] button to stop the counting, and the accumulative elapsed time will appear.
- Press the [S/S] button once to take a Lap Record.

To Reset the Chronograph
- When the chronograph is stopped, hold the [R] button to reset the chronograph (ready for a new counting).

NOTE
- Once start counting, it will measure chest strap heart rate. In order to measure Finger-Touch heart rate at this moment, re-enter Chronograph Mode by key [M].
- While taking Lap Time, the average heart rate for the Lap is also recorded.
- When the Chronograph is reset, the records will also be reset.

%
EMHR

Upper → Limit

Lower → Limit

[A00:20]

Above Zone Timer

[I0:36:54]

In Zone Timer

[B00:1:30]
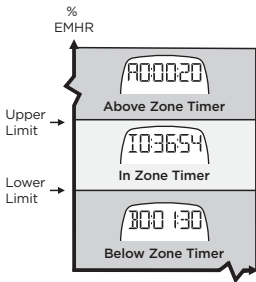
Below Zone Timer

Heart Rate Zone Timer

- This Watch provides 3 Heart Rate Zone Timer: In Zone Timer, Above Zone Timer and Below Zone Timer, which can count the time of user's heart rate in or out of the Heart Rate Zone.
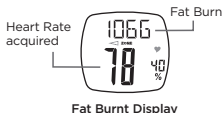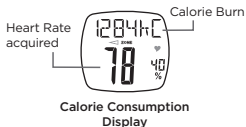
  NOTE: The Heart Rate Zone Timer that correspond with the current heart rate will start counting automatically when the Heart Rate is detected in the Heart Rate Chronograph Mode (Finger-Touch or Chest-Strap measurement). To stop the counting, take off the chest strap (Chest-Strap measurement) or exit the Heart Rate Chronograph Mode.

  For example, "FAT-B" (55% to 75%EMHR) is set for the Heart Rate Zone Alert, the Below Zone Exercise Timer will start counting automatically if the current heart rate is fall into the 'below' zone, like 40% of EMHR.

- Press [R] to view the different timer according to the sequence in chapter 6.5.

- These readings will be updated to the Heart Rate Chronograph Mode display all the time during the exercise.

6.5.3 Heart Rate Measuring - Calorie and Fat Display

Heart Rate acquired
Calorie Burn

Calorie Consumption Display

Heart Rate acquired
Fat Burn

Fat Burnt Display

Calorie Consumption
• By the calculation of calorie consumption, we can have a brief image of the quality of the exercise and keeping our body fit.
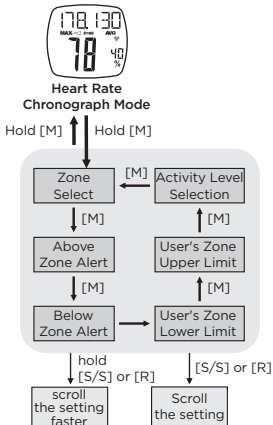
Fat Burnt
• Fat is stored as energy for our body to use.
• To keep our body fit and healthy, we need to eat sensibly and burn excess stored body fat.

Calculation of Calorie and Fat energy source during exercise
• This watch can calculate the Calorie Consumption and Fat Burnt during exercise according to user's age, gender, heart rate and the activity level of exercise.
• This information can be reviewed in real time. Just press the [R] button in Heart Rate Chronograph Mode according to the diagram in chapter 6.5.
• For the setting of activity level, please refer to chapter 6.6 for detail settings.

NOTE: The Calorie Consumption and Fat Burnt counter will start counting automatically when the Heart Rate is detected in the Heart Rate Chronograph Mode. To stop the counting, take off the chest strap (Chest-Strap measurement) or exit the Heart Rate Chronograph Mode.

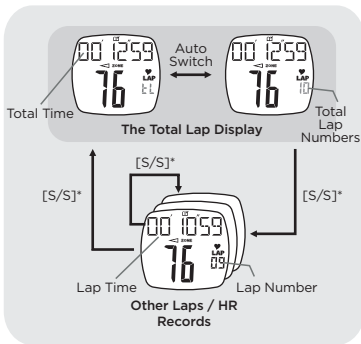## 6.6 Heart Rate Measuring - Zone Setting Sequence

Heart Rate
Chronograph Mode

Hold [M] ↑↓ **Hold [M]**

Zone Select → [M] Activity Level Selection

↓ [M]   ↑ [M]

Above Zone Alert → User's Zone Upper Limit

↓ [M]   ↑ [M]

Below Zone Alert → User's Zone Lower Limit

hold [S/S] or [R]   [S/S] or [R]

scroll the setting faster   Scroll the setting

To Set the Heart Rate Zone
• In the Heart Rate Chronograph Mode: Press and hold the [M] button to enter the Zone setting display (the 1st row will start flashing).

The Setting Sequence
• Press the [M] button to select different setting following the sequence of the adjacent diagram.
• When the *'USR', 'HEALTH', 'FAT-B'* or *'AROBIC'* flashes on the display, press the [S/S] or [R] button to select target Heart Rate Zone. (For different Heart Rate Zone detail, please refer chapter 6.2)
• When the *'on'* or *'- -'* flashes on the display, press the [S/S] or [R] button to turn ON or OFF the Zone Alert. If any of the Zone Alert is ON, *'ZONE'* icon will be shown.
• When the digits flashes on the display, press the [S/S] or [R] button to scroll the Zone Limit setting (Hold down to scroll at a faster speed and the corresponding %EMHR will be calculated on the right).
• When the *'LOW', 'MEDIUM'* or *'HIGH'* flashes on the display, press the [S/S] or [R] button to select activity level (Low, Medium or High) for the exercise.
• Press and hold the [M] button for about 2 seconds to exit the setting sequence.
• The setting display will return to Heart Rate Chronograph Mode automatically if there is NO key-stroke for about 1 minute.

Auto Switch

Total Time

The Total Lap Display

Total Lap Numbers

[S/S]*

[S/S]*

[S/S]*

Lap Time

Lap Number

Other Laps / HR Records

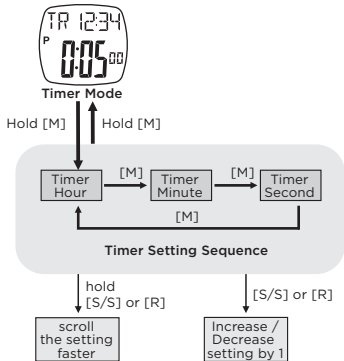*Press [R] to review in reverse direction

Memory Mode

- This watch can record up to 25 Lap Times during exercise to be reviewed at a later time.
- The Lap Time exhibits on the 1st row of display.
- The last measured Heart Rate will exhibit on the left hand side of the 2rd row of display.
- The Lap Number exhibits on the right hand side of the 2rd row of display.

To Recall Records

- In the Memory Mode, press [S/S] or [R] button to select which record you want to check.

Timer Mode

Hold [M] ↕ Hold [M]

Timer Setting Sequence

Timer Hour → [M] → Timer Minute → [M] → Timer Second

[M]

hold [S/S] or [R]

scroll the setting faster

[S/S] or [R]

Increase / Decrease setting by 1

To Set the Timer Mode

- To set the pre-defined target time in timer mode, press and hold the [M] button for about 2 seconds (the *'Hour'* digits will start flashing)

The Setting Sequence

- When the *'Hour'* digits start to flash, press the [M] button to move the flash following the sequence of the adjacent diagram.
- When one of the settings (hour, minute, second) is flashing, press the [S/S] or [R] button to scroll through the setting (hold down the button to scroll the setting at a faster pace).
- Press and hold the [M] button for about 2 seconds to exit the setting sequence.
- The setting display will return to Timer Mode automatically if NO keystroke has been activated for about 1 minute.

8.1 Timer Mode - Using Timer

Timer Mode (Finish Counting)

Hold [R] — 4:59'59"

Current Time

Timer Mode (Timer initialized)

[S/S] — Pre-defined Target Time

Timer Mode (Counting) counting

Hold [R]

[S/S]

Timer Mode (Stop Counting) stop counting

Note:
This diagram illustrates the flow among different functional displays only, hence, these displays DO NOT conform to fact in all instances.
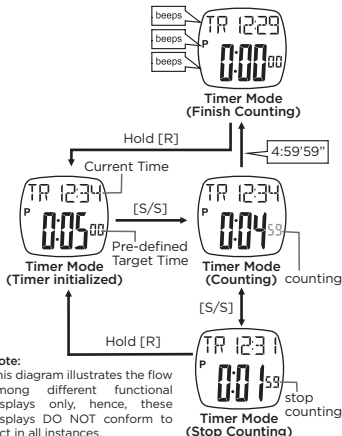
To Use the Timer Mode
- Once a target time has been set (for example 3 hours), press the [S/S] button once to start the countdown. The countdown time will be displayed continuously throughout the countdown.
- To stop counting, press the [S/S] button once.

To Reload the Timer
- Hold the [R] button to reload the timer to the preset target time when the counting is stopped.
- To start the counting at a target time, set a new value for the pre-defined target time. Check the previous chapter 8.0 for more detail on how to set the Target Time.

Timer Alarm Sound
- When the timer reaches the last 10 seconds, the watch will beep once for each second left. When it hits zero, the watch will beep for about 15 seconds
- You can stop the beeping by pressing any button.

# 9 Battery Replacement for Chest Strap

Back View

- If the Chest Strap stops transmitting heart rate signal to the watch (NO heart rate reading show on the Watch), it might be due to the battery of the Chest Strap running out.
- If it is the case, it is recommended to replace the battery by an authorized service agency.

How to Replace the Battery for the Chest Strap

1. Turn the cover with a coin counterclockwise so that the arrow on the cover turns from 'Dot' to 'Arrow'.
2. Turn the cover further gently to pop it out.
3. Put aside the battery cover.
4. Remove the exhausted battery.
5. Insert a new battery with the (+) side of the battery upward.
6. **IMPORTANT:** Make sure that the sealing rubber (o-ring) is placed correctly in its slot (on the side of the cover) before the battery cover is replaced.
7. Put the battery cover back with the arrow on the cover points to 'Arrow', and then press the cover down gently until it is on the same level with the case's surface.
8. Turn the cover with the coin clockwise so that the arrow on the cover turns from 'Arrow' to 'Dot'.

Tips: In case the chest strap CANNOT properly reset (NO signal transmission), connect the (+) and (-) battery contact of the chest strap with the metal shell (+ ve) of the battery (Steps A,B,C) and reinstall the battery for normal operations.
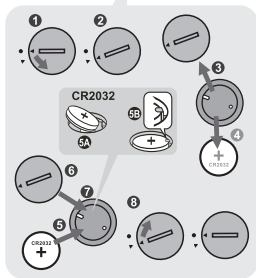
1) **Cause: Dry Skin.**
   Solution: Apply conductive gel or saliva thoroughly to chest area (Chest-Strap measurement) or finger (Finger-Touch measurement). Even water will help if conductive gel is not available.

2) **Cause: Not firmly with user's skin.**
   Solution: Make sure the chest strap is firmly over the chest and the Watch is placed securely on wrist.

3) **Cause: Muscle tremors caused by holding too hard.**
   Solution: Make sure the chest strap is firmly over the chest and the Watch is placed securely on wrist.

4) **Cause: Dead skin on wrist, finger or chest.**
   Solution: Usually rubbing your skin with a towel will help.

5) **Cause: A thin layer of body grease insulate the ECG signal which prevents the Chest Strap or Watch from picking up one's ECG.**
   Solution: Wipe chest / wrist and the back of Chest Strap / watch with a tissue or soft towel.

6) **Cause: Hairy skin.**
   Solution: Apply conductive gel to chest area or wrist.

7) **Cause: Irregular heartbeats.**
   Solution: N/A It is difficult to consistently pick up a reading for those with irregular heart beats. Inconsistent response times are expected for those with arrhythmia.

8) **Cause: Battery Low.**
   Solution: It might be due to the battery level of the Chest Strap / watch is low. Replace the battery and try again.

9) **Cause: Interference of other RF devices (Chest-Strap Measurement)**
   Solution: Depart from the place where RF source potentially exist.

- This watch contains electronic components. Never attempt to open the case or remove the back cover.
- Avoid exposing the watch to extreme temperature, chemicals which will damage the watch.
- Keep the watch away from the conditions of strong electric field and static electricity.
- Avoid rough usage or severe impact. The watch is designed to withstand impact under normal use. It is advisable to subject it to severe impact or rough usage.
- Clean your watch occasionally with a soft moistened cloth only. Avoid using chemicals, especially soap as the waterproof gasket will corrode.
- Store the watch in a dry place when it is not in use.

- Exposure to water often makes a strap fragile and it may soon tear.
- Don't apply perfume or moisturizers around your wrist as the chemicals can erode the metal, leather and plastic of watch straps.
- The strap's condition will depend on the owner's wearing habits as well as the climate of the place where the person lives. An original replacement on straps is possible to be re-ordered through an authorized service center.
- PU straps are usually very hardwearing, please wash them with mild soapy water only.
- There may be discoloration for light color and transparent straps after normal wear for some time.
- In case if there is any severe or persistent skin reaction, such as severe redness, itching, rash or hives, you should stop wearing this watch, and consult your doctor.

All New Balance watches are designed to withstand use as indicated on the below chart.

Indication	Water-related use		
Level of resistance	**Light spray perspiration, light rain, etc**	**Bathing, etc**	**Swimming, etc**
3ATM (30 meters)	*NB*		
5ATM (50 meters)	*NB*	*NB*	
10ATM (100 meters)	*NB*	*NB*	*NB*

- Water damage may occur if the push buttons are pressed under water.
- Should water or condensation appear in the watch, please check the watch immediately as corrosion of electronic parts can occur inside the case.

Battery Life

The battery in your New Balance watch is estimated to last for 2 years.

Battery Replacement

If the watch is out of battery, you are recommended to go to the authorized New Balance service center for correct battery replacement in order to retain a valid warranty and avoid any damage on the water resistance function.

WARNING!

Always keep watch batteries away from children. If swallowed, contact a doctor immediately. Batteries contain chemical substances. They should be disposed of properly according to local regulations.

new balance

RoHS CE